

Important!

Summer MOVE! Schedule for Weight Management Group Visits 2009 Bend

If you have questions about the MOVE! Program you can contact us at (503) 220-3482
or <http://www.visn20.med.va.gov/portland/MC/Move/Index.asp>

Class Date	Class Title	Description	Tuesdays	Notes
<u>June 2009</u> 6/2	What is in your food?	Nutrition	1pm to 3pm Conference Room	
6/9	Introduction to the Benefits of Exercise	Physical Activity	1pm to 3pm Conference Room	
6/16	Getting and Staying Motivated	Behavior	1pm to 3pm Conference Room	
<u>July 2009</u> 7/7	Strength, Balance and Flexibility	Physical Activity	1pm to 3pm Conference Room	
7/14	Trim the Fat	Nutrition	1pm to 3pm Conference Room	
7/21	Handling and Reducing Stress	Behavior	1pm to 3pm Conference Room	
<u>August 2009</u> 8/4	Sweets, Snacks and Hydration	Nutrition	1pm to 3pm Conference Room	
8/11	Wild Card???	Top Secret	1pm to 3pm Conference Room	
8/18	Self-Control and Impulse Control	Behavior	1pm to 3pm Conference Room	

Bend CBOC's Summer 2009 Schedule